

# Natural Health News

December 2018

EVERGREEN SPA & WELLNESS  
ELY, MN



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### STORE HOURS:

Tuesday – Saturday  
9:30 am-5:30 pm

CLOSED SUNDAYS  
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### SPA HOURS:

By Appointment

## EXCITOTOXINS, VACCINES AND CANCER

Dr. Russell Blaylock, M.D., neurosurgeon, scientist and editor of the *Blaylock Wellness Report* has always been interested in neuroscience and particularly cancer. His interest is mainly in how cancer occurs and how to treat it and prevent it. As a neurosurgeon he sees a lot of cancer, particularly brain tumors. For the longest time it was assumed that any cell could become cancer except for a few limited ones. Now it is a known fact that only stem cells seem to be the source of cancer. Stem cells are the cells that have not decided what they want to be yet. These are primitive cells and they could be anything, a heart cell, a brain cell, a lung cell, etc. These cells are all through your body just sitting quietly. However, if you damage the DNA of the stem cell through free radicals (toxins), the cell will become immortal and will keep producing more and more cells which will result in cancer. The trouble with chemotherapy and conventional treatments is that they have no effect on the cancer stem cells. It will only kill the daughter cells, the cells that are produced by the cancer itself. So the tumor will shrink and the treatment will be claimed a success. However, since the stem cells have not been killed the cancer will come back even more aggressive than it did before. The inflammatory chemicals in the chemotherapy produce even greater DNA damage so the cancer that comes back is more malignant than the one that started. The source of cancer is inflammation in the first place. Chemotherapy and radiation also makes the cancer more invasive. Once the cells are stimulated with this inflammation they will start secreting specific enzymes that dissolve the blood vessel wall which will make the cancer spread. The body naturally walls off the harmful cells which is the tumor. It has been found that vitamin C, flavonoids, and curcumin are able to suppress those enzymes so that the cancer can't penetrate and spread. Although this information has been well-documented in clinical journals, particularly in the research for oncology journals, most clinicians are not familiar with the use of these natural substances and plants. It is also interesting that curcumin, quercetin, resveratrol, as well as other antioxidants inhibit the cancer stem cells but do not harm normal stem cells. They only target cancer stem cells and also make normal cells stronger. It was also found, for instance, in radiation treatment of breast cancer, colon cancer, and lung cancer, these natural remedies actually make the radiation much more effective and these compounds also protect the normal tissue around the cancer. Curcumin and flavonoids are also potent anti-inflammatories that prevent the cancer from occurring. They also contain other mechanisms that turns on the cancer suicide gene like p21, p 53 and it will make the cancer cell commit suicide—what is called apoptosis. Dr. Blaylock wrote in his cancer research book many years ago that chemotherapy also damages the brain. Now it had been proven and his finding is well recognized. Dr. Blaylock is also an expert on excitotoxins; substances that excite the brain cells—things such as aspartame and MSG. MSG is monosodium glutamate. The damaging element is the glutamate. Anything that's a glutamate is an excitotoxin which means it can destroy brain cells. Research found that there are glutamate receptors in every cell in the body. What that means is that if you eat glutamate, you don't have a blood-brain barrier to protect you because glutamate goes to all these cells without any interference. Furthermore, it was also found that these glutamate receptors trigger and stimulate the growth and invasion of cancer of every kind. It was also demonstrated that if you have high glutamate levels, the tumor becomes highly invasive and grows twice as fast than with low glutamine levels. Glutamate acts as a fertilizer and a stimulant for the growth of that cancer, makes it highly invasive, and less likely to be cured.

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There is an enzyme in our cells called glutaminase and its function is to convert glutamine into glutamate. This is how cancer cells start producing lots of glutamate. If the enzyme gets blocked, the tumor starts shrinking and becomes less invasive. There is a lot of promising research now focusing on ways to block the glutaminase enzyme as a cancer treatment. Cancer cells use two major fuels—glucose (sugar) and glutamine. Unfortunately, glutamine is being promoted as a way to heal the gut; such as leaky gut syndrome. A lot of people take a glutamine supplements for this very reason but it is a powerful stimulant for degenerative brain disorders and cancer. There are better ways to repair the GI tract that are safer, and actually inhibit cancer. Besides MSG there are other forms of glutamate in our food supply. As soon as Dr. Blaylock had published his book *Excitotoxins* and people were looking at food labels, the food industry started taking MSG off the label and put other sources of glutamate in foods like hydrolyzed protein, soy protein isolate, soy protein concentrate, idolized yeast, caseinate—just to name a few. All of these additives are extremely high in glutamate. But the law allows them to put those in the foods and still label the product “contains no MSG.” Soy is naturally high in glutamate and glutamine. In his estimation, people should not be consuming soy products, particularly soy milk. There are natural foods which act as glutamate blockers. Virtually all of the flavonoids that were mentioned earlier in this article: curcumin, quercetin, ellagic acid, resveratrol, they all reduce glutamate receptor activity. They also do it safely so the brain can function normally and the cancer can't use them. These natural compounds are toxic to cancer cells and reduce inflammation. They stop the uptake of glutamate and everybody should include them in their diet. Dr. Blaylock is also an expert on vaccines and explains in his book that vaccines produce immunoexcitotoxicity in the brain anytime the immune system gets stimulated systemically. Anytime a vaccine (an immune adjuvant stimulant) is injected into a muscle tissue it causes inflammation and immediately the brain's special immune system, called the microglia, becomes activated. This produces a highly destructive release of glutamate. Children nowadays are being injected with too many vaccines which interferes with the brain cell formation and the connections in the brain. It is pretty close to a full explanation of ADHD. Since the 1980's added whole host of vaccines we are starting to see an exponential increase in Autism Spectrum Disorder. Dr. Blaylock says it makes sense because this immunoexcitotoxicity in the brain is produced anytime the immune system is stimulated systemically. As people get older their immune system and their brain starts activating by itself. It is called priming. But it does not harm anything as long as it is just primed. But once you stimulate their immune system systemically they start getting degeneration of the brain and they will develop Parkinson's Disease or Alzheimer's. Besides the fact that vaccines also contain heavy metals such as mercury and aluminum and other dangerous toxins, they are causing an inflammatory response in the brain. The vaccines cause severe inflammation and keep those immune microglia activated. Dr. Blaylock also attributes the huge rise in childhood cancers to vaccines as well as an enormous increase in neurological disease particularly in young people. It used to be that people would see diseases such as Alzheimer's and Parkinson's after the age of 65. Now we are seeing it in 30,40 and 50 year old people. Dr. Blaylock's comment: “It has been said that capitalism without morality is a monstrosity because murder incorporated is a capitalist enterprise. It is morality that makes business perform to the benefit of society. If you have a moral compass you would not release a product that is going to harm people and damage the brains of children. No matter how much profit is being made.”

Every time a hand reaches out to help others.....that is Christmas.  
 Every time someone puts anger aside and strives for understanding.....that is Christmas. Every time people forget their differences and realize their love for each other.....that is Christmas. May this Christmas bring us closer to the spirit of human understanding. Closer to the blessing of peace

Merry  
 Christmas

Organic Roots  Bistro

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**TUESDAY— SATURDAY 9:30 AM—5:30 PM**  
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**ASPARTAME—ANOTHER EXCITOTOXIN**

Numerous studies showed that aspartame is a carcinogenic agent and that it combines with other carcinogens, like nitrates, from your food to become even more carcinogenic. The original studies to get NutraSweet approved showed a six-fold increase in brain tumors as well as increased lung tumors and breast tumors. However, these results were totally ignored in order to get this product approved. Similarly, a study was being conducted by a scientist in Italy on the safety of aspartame. His findings concluded an increase in lymphoma and leukemia, breast cancer, and brain tumors. His findings did not get accepted when it went to the United States. The CDC based the findings on a two year study before the tumors will start showing. It is the same thing Monsanto did with the GMO studies. They cut the study off before any problems appeared although they knew about the negative outcome. Aspartame is especially damaging to children since the formation of the most complex part of the brain is not complete until age 27. This results in behavioral problems such as uncontrolled anger, depression, anxiety and panic attacks. It particularly affects the frontal lobe which gives a person judgement. Excitotoxins and vaccines prevent the proper formation of the frontal lobe in children and young adults. Furthermore, aspartame and artificial sweeteners cause weight gain and override a mechanism in the hypothalamus to curb the appetite and cause hypoglycemia which makes a person hungry.